

Natural Cancer Cure Report

Cancer **management** and cancer **cure** are fundamentally different. In order to cure cancer, you must first look at the cause or the root of the disease. To manage cancer, you can **poison it, burn it or cut it out** all **without knowing anything about its origin.**

USE Bob's Red Mill Baking Soda (NO Aluminum)

As a Certified Nutritionist, Health Researcher and Health Author, it has been my pleasure to search for Natural Cures to cancer and other degenerative diseases. Personally, I like the fastest and least painful approach possible. What I have discovered is so simple and inexpensive that you will wonder why every doctor and every hospital is not using it. It costs just pennies a day and can be purchased from your local grocery outlet.

In 1931 Dr. Otto Warburg was awarded a Nobel Prize for his discovery of how to prevent and cure cancer. I am told that the American Medical Association, backed by the pharmaceutical industry, immediately applied pressure to the news media to keep this information from being reported.

Is it possible that there is a cancer cure? My answer to that is Nobel Prizes are not awarded lightly. Is it possible that the AMA and Big Pharma have enough power to squelch the media and prevent the average American from learning about the cancer cure? I simply ask you, "Have you heard it on the news lately or read it in some textbook?"

And finally, what motivation could AMA and Big Pharma have for keeping you in the dark? Could a group of people be so sinister as to put the value of money over the value of human life and suffering? I'll let you be the judge. My job is to inform you about what has been kept secret far too long!

Although the medical and pharmaceutical industries pretend there is no cancer cure, already, thousands of cases of cancer have naturally disappeared as a result of the work of Dr. Warburg and others who have followed in his path.

Understanding how to prevent and cure cancer, Dr. Otto Warburg said this: "The great advantage of knowing the prime cause of a disease is that it can then be attacked logically and over a broad front."

Just as there are a number of ways to approach the question "how to get to work" - (you may walk, ride a bicycle, take a bus or drive a car) there are many ways to approach the question "how to cure cancer".

Drugs, Radiation and Surgery do not affect a cancer cure. Although these methods may kill or remove cancer and tumors temporarily, the cause of the cancer still remains and will return in time unless by some accident or miracle the patient changes the environment that caused the cancer initially. And the second time around, the cancer will be less merciful, more aggressive and more fatal.

This Report goes on to tell you about:

- The cause of all diseases, including Cancer and what you can do about it.
- A simple product that a few select medical doctors around the world are using with miraculous results. It costs only pennies a day and kills cancer on contact, but almost nobody has heard about it.

- An Oncologist (Cancer Doctor) from John's Hopkins University that put 87 cancer patients on a natural berry juice and got 100% remission in just 90 days! This juice strengthens your immune system so it can fight the host of invaders that are killing you.

Be Blessed,
John Austin

PS: Jack Prettyman who is sharing this report with you is an associate of mine, and any products purchased from the links listed in this report will benefit both Jack and I and we appreciate your patronage, as this is how we feed and provide for our families.

NATURAL CANCER CURE – Report #1

There is a principle, which is a bar against all information, which is proof against all argument, and which cannot fail to keep man in everlasting ignorance. That principle is condemnation without investigation. - Herbert Spencer

BAKING SODA KILLS CANCER

I was surprised to learn about an oncologist in Rome Italy, Dr. Tullio Simoncini who is destroying cancer tumors with Baking Soda. According to Dr. Simoncini, Baking Soda is safe, extremely inexpensive and unstopably effective when it comes to cancer tissues.

It's an irresistible chemical - like cyanide to cancer cells for it hits the cancer cells with a shock wave of alkalinity, which allows much more oxygen into the cancer cells than they can tolerate. Cancer cells cannot survive in the presence of high levels of oxygen. Baking Soda is, for all intent and purposes, an instant killer of tumors.

Tumors that can be reached and irrigated directly with a Baking Soda solution can be fully treated in a matter of days. I have seen videos of tumors taken by Dr. Simoncini before and after treatment. In many cases the tumor is virtually gone in 1-5 days.

Dr. Simoncini says that cancer is caused by fungus or candida. Fungus can only live in an acid environment and it dies instantly when it comes into contact with Baking Soda because of its high alkalinity.

A cancer that is bathed locally and directly, responds immediately to treatment. Treatment consists of Baking Soda administered orally, by aerosol, and IV. After the first treatment a reduction in the fungus and size of the tumor is evident.

If cancer strikes a particular organ or area that can't be reached, Baking Soda is administered by catheter into an artery that feeds that organ or tissue.

Since it is perhaps impossible in this country to find a doctor that administers Baking Soda, you will have to develop your own program. If the tumor is internal rather than external, you will not be able to irrigate it directly, therefore you will have to depend upon getting the entire body pH high enough to kill the cancer.

At a pH of 8.5 cancer cells will die while healthy cells will live. This has given rise to a variety of treatments based upon increasing the alkalinity of the tissues such as vegetarian diet, the drinking of fresh fruit and vegetable juices, and dietary supplementation with alkaline minerals such as calcium, potassium, magnesium, cesium and rubidium. But no other mineral can compare to the instant alkalinizing power of Baking Soda for safe and effective treatment of cancer.

The pH scale goes from 0 to 14, with 7 being neutral. Below 7 is acid and above 7 is alkaline. The blood, lymph and cerebral spinal fluid in the human body are designed to be slightly alkaline at a pH of 7.365.

Cancer patients typically have a pH ranging between 4.5 and 5.5. This is a full 2-3 points below what is considered normal. Even when pH is this low it generally takes a few years for the body to develop cancer.

There is also danger in getting the body too alkaline, but just like the body can survive for years after being too low, people have lived for years with their pH being too high. Personally I consider the danger of getting the pH high enough to kill the cancer to be small in comparison with the end result of the cancer or the treatment you may have to suffer through.

What is too high? When the pH drops below 4.0 the body will start producing ammonia, which is extremely alkaline to offset the acid. Older people often have a pH of 8.0 to 8.5 as a result of the ammonia for a number of years before they finally die. The acrid smell that you experience when walking into an old folks home is the ammonia I am talking about.

Based upon these facts, it seems safe enough to use Baking Soda to get the pH as high as 8.5 long enough to kill the cancer and shrink the tumor. Taking the body pH up to 8.5 is only 1 full point above normal. Keeping it at that level for a short time while the tumors shrink should not pose a big threat.

Being too alkaline for a few days or a few weeks could be a good thing and could serve to neutralize latent acids that have been stored in your body for decades.

The IMVA recommends Baking Soda so that the pH of the blood remains high, which in turn means that the blood is capable of carrying more oxygen. This in turn keeps every cell in the body at peak efficiency and helps the cell eliminate waste products.

Detoxification and chelation will proceed more easily and safely under slightly alkaline conditions. Increased urinary pH reduces oxidative injury in the kidney so it behooves us to work clinically with Baking Soda. Patients receiving Baking Soda achieved urine pHs of 6.5 as opposed to 5.6 with those receiving sodium chloride. This alkalinization is theorized to have a protective effect against the formation of free radicals that may cause nephropathy. _Dr. Michael Metro

Cancer seems to grow slowly in a highly acid environment (because the acids cause it to partially destroy itself) and may actually grow more quickly as your body becomes more alkaline prior to reaching the healthy pH slightly above 7.4 where the cancer becomes dormant. The objective here appears to be getting the pH to 8.5 sufficiently long enough to kill the cancer rather than keeping it dormant. It may take a few weeks to accomplish this, but could happen in as little as 3-5 days. It is dependent upon getting enough Baking Soda throughout the system that the cancer cells are eventually bathed in it.

After the cancer is dead, the ideal pH is 7.4. It is useful to monitor urine pH daily to ensure that the body remains sufficiently alkaline.

We always knew how quickly Baking Soda could neutralize acid, but we wondered about its safety. We have now learned that not only is it effective, but it is safe, quick, precise and inexpensive. Just a few pennies a day will keep cancer at arms length from us.

Baking Soda can be used to treat your drinking water also. It is a good idea to find the best source of drinking water possible. Do not drink water from soft plastic jugs you find on the grocery shelf. These jugs leach harmful chemicals into the water and the water source may not be pure to begin with. I once found a grasshopper in a gallon of distilled water.

If you use distilled or reverse osmosis water, it is necessary to add Baking Soda. Occasionally I drink distilled water at which time I use a rounded tsp. per gallon. You should also add some Magnesium and perhaps some ionic minerals. Drink at least 1/2 ounce of water for each pound of body weight daily. This is required in addition to any juices or other liquids you may consume.

In addition to adding some Baking Soda to your drinking water, you will probably need to take an additional 1-4 tsp. of Baking Soda daily. A large person may need to take more. Preferably, take it on an empty stomach or wait at least two hours after eating so as not to neutralize the stomach acid that is designed to digest your food.

I weigh about 170 pounds and I personally used 4-6 tsp. daily while I was detoxifying and for maintenance I regularly use 1-2 tsp. of Baking Soda daily to maintain a proper pH of 7.4.

Test your urine pH first thing in the morning. Normal pH should run 7.4, however you need a Ph of 8.5 for several days or perhaps longer if you want the cancer to die. So until your cancer becomes dormant and starts to shrink, you may want to keep your pH between 8.0 and 8.5 in the beginning.

Once your tumors are gone, reduce your intake of Baking Soda to keep your pH about 7.4 at first morning void.

THE CAUSE OF CANCER

The great advantage of knowing the prime cause of a disease is that it can then be attacked logically and over a broad front. _Dr. Otto Warburg

Cancer management and cancer cure are fundamentally different. In order to cure cancer, you must look at the cause or the root of the cancer. To manage cancer, you can poison it, burn it or cut it out all without knowing anything about its origin.

There are two factors that are ALWAYS present with Cancer no matter what else may be present. Those two factors are Acid pH and Lack of Oxygen. We can manipulate these two factors that always have to be present for Cancer to develop and by doing so the Cancer cannot go on living – it must die.

The obvious question - is it safe? Yes, in fact the same environment that kills cancer is the best environment for growing non-cancerous, healthy cells.

Ph: What does it mean? PH is the abbreviation for Potential Hydrogen or the measurement of hydrogen-ion concentration of any solution. The higher the pH reading, the more alkaline and oxygen rich the fluid is. The

lower the reading, the more acidic and oxygen deprived the fluid is. The pH scale is from 0 to 14 with 7.0 being neutral. Anything above 7.0 is alkaline; anything below 7.0 is acid.

There are two pH readings that we are primarily concerned about; the blood and the urine. Report #1 has focused mostly on urine Ph and Report #3 will continue talking about the importance of modulating pH of the blood and how to do it.

To be considered healthy, human blood must maintain a narrow pH range of 7.365. Any slight variation means disease. If blood pH drops below 6.8 or increases above 7.8, cells stop functioning and the patient dies.

The human body does a miraculous job of keeping blood pH in tolerable limits. As I mentioned, cancer patients can have a urine pH below 5.0 for years and the person goes on living by robbing Sodium from the stomach and Calcium from the bones to neutralize the acid in the blood. This is why old people shrink because their bones are getting smaller.

On the other hand, when the urine pH is too high, the body starts grabbing acid that has been stored in the joints and muscles to neutralize the blood. That's why we see Arthritis, Fibromyalgia and other acid conditions disappear when using Baking Soda in this manner.

Blood pH is difficult to test, but home test kits are available to test urine and saliva pH.

PH litmus paper can be purchased in either strips or rolls. Catch the last drip of the first morning void on a piece of litmus paper and it will change color. Compare that color to the color on the corresponding chart and you will scientifically know the pH of your urine.

Do not hold the litmus paper in the urine stream because the chemicals that cause it to change color will be washed away. The reason for checking the first morning void is because the bodily fluids have time to equalize overnight, which gives you a more accurate test. Do not test the first part of the stream, because that is when most of the sediment gets washed out of the bladder.

The pH number is an exponent number of 10 (the power of 10); therefore, a small difference in pH translates to a BIG difference in the number of oxygen or OH-ions. In other words, blood with a pH value of 7.45 contains 64.9% more oxygen than blood with a pH value of 7.3. To see the bigger picture, that number represents only 10.5% of one point increase in pH.

Eastern medicine has worked closely with pH (acid and alkaline) for thousands of years. They refer to it as yin and yang. Although Western science and medicine pretends to be ignorant about the subject, they know more about pH than they are willing to admit. If modern medicine were to focus on correcting pH and nutritional imbalances in the body, there would be no job security for doctors and drug companies due to little need for their services.

As early as 1931, Dr. Otto Warburg was awarded a Nobel Prize for his research on cancer. Dr. Warburg's research states that "cancer cannot live in a pH of 7.0" Another way of making this same statement is, "you can't get cancer if you keep your pH at 7.0 or slightly above." **Maintaining a proper pH without balanced nutrition is not a guarantee of perfect health; it just means you won't get cancer! You need good nutrition to produce a healthy body. Report number 3 will talk more about nutrition.**

To protect the money they make as a result of people getting cancer, the American Medical Association backed by the pharmaceutical – drug industry boycotted Dr. Warburg from ever coming to this country.

They also put a squelch on the media to prevent Dr. Warburg's work from becoming widely known and because they control what is printed in the medical college textbooks, no mention of Dr. Warburg is found there either.

People are being destroyed for greed and for lack of knowledge. The information in these reports will empower you to take charge of your own destiny with very little cost in doing so.

Common knowledge of pH balancing would put most of the doctors and pharmacies out of business, and since you have probably never heard of Dr. Warburg, you can see that the A.M.A. did a good job of hiding his work. This is a good example of money being more valuable than human life and suffering.

People sadly believe that there can be no conspiracies today because the media would surely warn us, but the media is owned and controlled by these very same people. Politicians largely have no loyalty to the people, but to the media, oil companies and drug companies that paid for their campaigns. When the media refuses to report the truth, we would be better off without any media at all. Their lies have created a nation of people that can no longer think for themselves.

Americans learn only what they are spoon-fed in public schools and by the media. Trilateral interests own virtually all of the media and they write the textbooks not only for our medical colleges, but also for schools at all levels. It is time we wake up to the fact that our best interests are of no concern to those who are in control.

Now that we understand a little bit about why we haven't been exposed to this information, let's get to the subject at hand. Acid blood causes disease, one of those diseases being cancer.

pH is the dividing line between health and disease. Low pH means very little if any oxygen available to the cells.

In the absence of oxygen, glucose undergoes fermentation to lactic acid. This causes the pH of the cell to drop even lower. Urine pH of Terminal Cancer patients almost always runs between 4.0 and 5.5. When the cancer goes into metastases the pH drops even lower. Your body simply cannot fight disease if your body pH is not properly balanced.

There are entire books devoted to the subject of pH. One such book written by Theodore Baroody is Alkalize Or Die. That is what we are talking about here. It is really that important!

Cancer loves acid. Cancer needs an acid / low oxygen environment to survive and flourish. Terminal Cancer patients are about 1000 times more acidic than they should be. This equates to dangerously low amounts of oxygen at the cellular level. One point of decrease in pH equals a decrease in oxygen to the tenth power.

Dr. Otto Warburg, two times Nobel Prize winner, stated in his book, The Metabolism of Tumors, that the primary cause of cancer was the replacement of oxygen in the respiratory cell chemistry by the fermentation of sugar. The growth of cancer cells is initiated by a fermentation process, which can be triggered only in the absence of oxygen at the cell level.

What Warburg was describing was a classic picture of acidic conditions. Just like overworked muscle cells manufacture lactic acid by-products as waste, cancerous cells spill lactic acid and other acidic compounds causing acid pH.

Cancer tissues have a much higher concentration of toxic chemicals, pesticides, herbicides, etc. than do healthy tissues.

In 1973, a study conducted by the Department of Occupational Health at Hebrew University-Hadassah Medical School in Jerusalem, found that when cancerous breast tissue is compared with non-cancerous tissue from elsewhere in the same woman's body, the concentration of toxic chemicals such as DDT and PCBs was "much increased in the malignant tissue compared to the normal breast and adjacent adipose tissue." This should say something to the oncologists of the world about chemical etiologies that are going undiagnosed and untreated.

Shortly after Dr. Warburg's Nobel Prize, Dr. Enderlein from Germany was commissioned by Adolph Hitler to keep the animals at the Berlin Zoo healthy. For many years, Dr. Enderlein took blood and tissue samples from healthy, sick, dead and dying animals. Thousands of tests were performed on these samples and the simple yet amazing discovery was that each group of animals had a different pH range. So we have two German scientists that conclusively linked pH with health and disease and each set up a comparison to indicate what constitutes a healthy pH.

This is a fascinating story with lots of interesting details, which are obviously too exhaustive for this short report. I will say however, that Dr. Enderlein discovered a microscopic living organism that is present in every cell of the body, which he named Mucor Racemos Frescens. This organism is resistant to the highest heat and the coldest cold and to every drug, chemical and acid known to man. It is virtually indestructible.

This organism mutates and takes on different life forms depending upon the pH of the cell it is living in. When pH is a normal 7.0, this organism creates vitamins and health giving substances for the body. As the pH turns acidic, it mutates and starts killing the cell. When the body dies, this same organism is what decomposes the body and turns it back to dirt.

For a short time the work of Dr. Enderlein was found in American medical textbooks, but it has since been removed also. So pH has been taught in medicine for many decades, it just hasn't been practiced.

The same testing that Dr. Enderlein did on animals was conducted decades later on humans at the federally owned Idaho National Engineering Laboratory. Again using thousands of samples and much more sophisticated, state of the art equipment, they verified everything Dr. Enderlein had discovered.

I have talked at length with one of the research scientists involved in this project. What was most puzzling and disturbing to this scientist was the fact that this project was classified "Top Secret" and was never reported to the public or in any medical journals. He and the other scientists involved were told never to breathe a word about this project.

I was sworn not to reveal his name since a number of people who knew too much have permanently been silenced. My own life could be in danger for what I am revealing to you.

Part of any successful cancer treatment includes chelation and detoxification of heavy metals and a host of toxic chemicals, which are all invading our bodies' everyday. But oncologists still have not been able to understand that cancer patients are suffering from poisoning on a massive scale, even though scientists have already established the fact that chemicals cause cancer.

Uranium contamination is increasing due to illegal use of Depleted Uranium (DU) in weapons of war. The use of depleted uranium weaponry by the United States, defying all international treaties, will slowly annihilate all species on earth including the human species, and yet this country continues to do so with full

knowledge of its destructive potential. Since 1991, the United States has staged four wars using depleted uranium weaponry, illegal under all international treaties, conventions and agreements, as well as under the U.S. military law.

Described as the Trojan Horse of nuclear war, depleted uranium is the weapon that keeps killing. The half-life of Uranium-238 is 4.5 billion years, the age of the earth. And, as Uranium-238 decays into daughter radioactive products, in four steps before turning into lead, it continues to release more radiation at each step. There is no way to turn it off, and there is no way to clean it up. It meets the U.S. Government's own definition of Weapons of Mass Destruction. <http://www.mindfully.org/Nucs/2004/DU-Trojan-Horse1jul04.htm>

We now know that depleted uranium is the cause of the Gulf War Syndrome found in thousands of American troops. <http://www.traprockpeace.org/depleteduranium.html>

After 12 years, Iraq is still plagued with ongoing cancers and birth defects as a result of being bombed with U.S. depleted uranium. http://seattlepi.nwsource.com/national/95178_du12.shtml

Photos of babies deformed at birth from depleted uranium. <http://www.mindfully.org/Nucs/2003/DU-Baby2003.htm>

More recently, the U.S. military has been exploding ammunition filled with DU on American soil. The fact that they are shelling one test range would indicate they are shelling all test ranges with the same ammunition. Ninety percent of the United States is downwind of the Nevada test range and for decades has suffered the effects of radioactive fallout from test bombing. <http://www.youtube.com/watch?v=L94IUSw54pQ>

Who is profiting from this global uranium nightmare?
http://www.venusproject.com/ethics_in_action/Depleted_Uranium_British.html

DU eventually turns to lead and we are now discovering lead to be even more toxic than anyone ever believed and is even in the bread that we eat. Arsenic is in our chicken. The government still wants you to get your yearly mercury flu shot. Dentists of course are still using hundreds of tons of mercury fillings, exposing patients to internalized toxic waste dumps of mercury vapors from hell. Fluoride is still put in the water and chlorine is breathed in most showers. This just covers a small slice of the toxic disaster that is the hallmark of life in the 21st century.

The sky is literally raining toxic chemicals. Living organisms (biological warfare) is being sprayed from unidentified airplanes in the form of chemtrails around the globe.

YOU ARE NOW BREATHING ETHYLENE DIBROMIDE, NANO-PARTICULATES OF ALUMINUM AND BARIUM AND CATIONIC POLYMER FIBERS WITH UNIDENTIFIED BIOACTIVE MATERIAL, RADIOACTIVE BARIUM AND DEPLETED URANIUM.

If you have high speed Internet, you may want to watch this video:
http://this-must-stop.com/aerosol_crimesfirst_edition.wmv

If you have dial-up Internet and can't view the video, read this article instead:
http://this-must-stop.com/aerosol_crimesfirst_edition.wmv

If you still believe the FDA, Big Pharma and AMA are benevolent, it is time to think again. There is an agenda and it's called MONEY! <http://www.newstarget.com/021795.html>

I am sorry to be the bearer of bad news along with the good news. However, if the people of this nation continue to hide their heads in the sand and refuse to rise up to those who are killing our planet, none of us will have to worry about cancer. **Those people we have trusted to keep us safe and sovereign will either annihilate us or stand by and watch it happen.**

Please be part of the solution by passing this on to as many people as you can.

Remember...

The great advantage of knowing the prime cause of a disease is that it can then be attacked logically and over a broad front. Dr. Otto Warburg

May God Bless you.

John Austin

NATURAL CANCER CURE – Report #2

I am revising some of my reports and I feel it is important that you read this. I have talked with a number of people who requested my reports and I am sad to say that most are too scared to try taking Baking Soda to alkalize their pH, which Dr. Warburg says will kill the cancer. You can help me change that and I will tell you how.

Having had cancer myself and family members and close friends who have had cancer, I understand the trauma that comes when cancer strikes close to home.

Just today I got a call from a close friend whose wife just came from the doctor with bad news. She previously had one breast removed to get rid of cancer and now may face losing the other one.

I told my friend not to fear because she can deal with the problem in just a few days from home without having to have surgery, radiation or chemo. His comment to me was she probably wouldn't listen.

His answer to me is exactly what prompted me to write this letter. I talk to people days or even weeks after receiving my Report on the Baking Soda Cure for Cancer and the majority are too scared to try it. Americans have become so brainwashed watching "As The Word Turns" around "General Hospital", they can no longer think or reason for themselves.

When cancer strikes, people in general become so paralyzed by fear that the medical establishment can easily extract 1.5 million dollars from the average cancer patient and nobody even bats an eye.

The establishment has purposely kept the cure for cancer a mystery for 78 years since Dr. Otto Warburg was awarded a Nobel Prize for discovering the cause and cure for cancer. Proof lies in the fact that you have never read this information in a single textbook even though you can research the Nobel Prize he received.

There are three professions that as a rule purposely mystify knowledge surrounding those professions with the intent of extracting large sums of money from their credulous followers. Christ referred to them as Priest Craft, Lawyer Craft and Doctor Craft.

Essentially the Priest says you can't find God without going through me, the lawyer says you can't find justice without going through me and the doctor says you can't find health without going through me. These professions could all exist without the associated craft, but they would be humble professions indeed. These crafts only exist because of greed.

There is a legitimate need for doctors. The doctor should be there to set broken bones and stitch up injuries, but to mystify diseases such as cancer so they can extract huge sums of money from hapless people is a crime.

I have an acquaintance whose brother was a heart surgeon in California. The doctors were all called into the hospital one day and told if they wanted to keep all of that fancy equipment, they would have to perform more heart surgeries.

His conscience was getting the best of him when he admitted to his sister that he had recommended heart surgeries to patients that were not needed and some of the people had died as a result. The doctors chose the people with the best insurance. Their demise resulted from having enough insurance to pay for the unneeded operation.

Not all doctors are part of the conspiracy. First of all, they can only practice what they are taught in medical school and what the law allows. The medical textbooks are written by the drug companies so modern doctors are trained in the art of prescribing what we call legal drugs. Legal or not, all drugs kill, which truth can be substantiated by obtaining a copy of the Physicians Desk Reference or PDR.

Many honorable doctors have left their professions when they found out the truth. Some of them have practiced natural medicine illegally and ended up being disbarred, imprisoned or came up missing. Some have stopped practicing altogether and now spend their energies promoting natural products and methodologies that truly make a difference.

I am a Bible reader and I make no apologies because truth is truth no matter where it comes from. The Bible says: My people perish for lack of knowledge. It also says that the truth will set people free.

Those sayings are as true in relation to disease as they are to any other subject. Chemotherapy, Radiation and Surgery do not address the truth about cancer; they only address the result or the symptoms of cancer.

When we have an oil spill in the ocean that starts killing birds, fish and mammals, no amount of drugs, radiation or surgery is going to provide a cure. The cause of the disease is the oil spill and it must be cleaned up.

If you have cancer, you are suffering from an oil spill inside your body. Your body has absorbed petrochemicals (chemicals made from oil) everyday of your life from the air you breathe, the food you eat, the things you drink, the medications you take and from personal care and household products that touch your skin each day.

You are breathing air that is filled with automobile exhaust, chemtrails and industrial waste. Inside your home, synthetic carpets, furniture, paint, air fresheners, etc. are off-gassing petrochemicals that are all part of

your problem. The air inside your home is even worse than the air outside, except on days when they are spraying chemtrails from airplanes or pesticides for mosquito and bug control.

You are eating foods that are grown with chemical fertilizers and sprayed with chemical pesticides. Anything that will kill a bug will kill a human. You are just consuming small enough amounts to kill you slowly rather than quickly. Many other chemicals are added to foods including MSG and different forms of glycol, which is the active ingredient in antifreeze they put in your car.

The water you drink is polluted with hundreds if not thousands of chemicals, to which they add chlorine and fluoride, which both lead to cancer. To the water we add coffee, sweeteners, artificial colors, carbon dioxide and who knows how many other things that all lead to acid and cancer in the body.

These are some of the causes of cancer and cancer brings a lot of uncertainty. The best you can hope for through the channels of modern medicine is a lot of suffering and perhaps missing body parts before the cancer goes into remission. However, many cancers never go into remission and the patient dies after all of their suffering.

Just because doctors don't have a cure for cancer, does that mean a cure doesn't exist? The reason you are reading this report is because you or someone you know went to the Internet searching for a Cancer Cure.

I cured my own cancer naturally and I have absolutely no fear of cancer ever returning because I know what causes cancer and therefore how to prevent it. Cancer no longer is a mystery. Cancer is a simple biological response to your inner biological terrain.

My father had a saying that I committed to memory. "What does it profit a man if a gift is bestowed upon him, and he receives not the gift? Behold, he rejoices not in that which is given unto him, neither does he rejoice in the giver of the gift."

I have given you a gift – a natural cancer cure that is almost without cost. If you do nothing with it, you will not rejoice in the gift and my 35 years of research will have been in vain.

Perhaps the bigger shame will come when your children, your grandchildren, your brother or sister, mother, father, aunt, uncle, cousin or friend gets cancer and because you were too stubborn to receive the Natural Cancer Cure yourself, you have no gift to pass onto them because you can't tell them whether it works or not.

What can you do?

If you take a serious look at your odds of beating cancer through the medical establishment, you have nothing to lose. If you use The Natural Cancer Cure and beat the cancer, then your loved ones when faced with the same decision may listen to you.

On the other hand, if all you can think about is yourself, you will probably make the wrong decision to your own detriment and you will miss the great opportunity to bless the lives of those who will inevitably follow you. The lives you save could be in the millions.

Perhaps you are not the one suffering from cancer; you are the loved one doing the research for a dear friend. I can tell you first hand, they will listen to me a lot better if you start taking the Baking Soda yourself and relay to them the benefits you feel even though you may not have cancer.

The bottom line is, I need your help because I don't have the ability to do a million dollar case study and without case studies it is nearly impossible to break the hypnotic spell that doctors have over their cancer patients. Millions of people will continue to suffer and die needlessly when they could have helped themselves, if they only had the faith to give this method a try.

Wisdom is the application of truth. You have the knowledge now; I pray that you will gain wisdom through its application. By doing so, your experience will be a blessing to many who will follow you into this dreaded disease.

I am simply amazed at how many people tell me they have to ask their doctor if it is okay to drink Baking Soda.

If you think that doctors have a vested interest in finding a cure for cancer, answer the following questions: If you were a cancer doctor (oncologist) and you made your living treating cancer patients with Chemo, Radiation and Surgery, would you be interested in finding a 25-cent cure for cancer? Obviously not, because all of your schooling and hard work would be down the drain. You would be out of work and looking for a job.

Even if you heard about a cancer cure, wouldn't you tend to hide your head in the sand just a little bit, so you didn't have to hear about it for fear that your profession would soon be gone?

When your patient asked you if it was okay to take Baking Soda, would you heartily recommend it even though you knew it would not hurt him or her?

If the same thing that prevents or cures cancer does the same for virtually all diseases, the entire medical profession and drug industry could fall on their faces literally overnight. That is what they fear and why they are trying to block such an event by taking away your health freedom through legislation even today while you are reading this.

<http://www.healthfreedomusa.org/index.php> Watch the movie with Dr. Laibow.

Cost Comparison:

Cancer treatment is expensive and could impact the financial future of your family. Even if you are fully covered by insurance or Medicare, society as a whole has to bear the burden of that cost. If you are on co-pay, the cost of cancer treatment could bankrupt your family.

I know a family that had to pay 1.5 million for Chemo treatments for their son and that was without any major setbacks or complications.

An American oncologist experimented with one of my methods (tomorrow's report) and had 87 out of 87 cancer patients, cancer free in 90 days. Average cost for each patient was \$1,265. The Baking Soda method that you received yesterday costs less than a ten-dollar bill.

Convenience:

Traditional cancer treatment can mean time off from work accompanied by a lot of pain, loss of hair, vomiting and discomfort. You may need to travel long distances to special clinics and at best it is inconvenient.

Drinking Baking Soda, Ten-In-One Vitamins or MA Plus requires no special considerations. You can continue most work and normal activities and it can be done in the comfort of your home or even

while traveling. You can get more information about Ten-In-One and MA Plus at <http://www.shopgbg.com/317886> and by calling this 24-hr Recorded Message. 850-383-8213 enter 1# to learn about MA Plus.

Time Comparison:

Traditional cancer treatments can be painfully long and arduous. Expect months at best or even years to get into remission and then look over your shoulder for the rest of your life with anticipation that the cancer can and will return.

The Baking Soda treatment used by a doctor in Italy is shrinking tumors in as little as 3-5 days in the hospital. Performed in the convenience of your own home, Baking Soda can be taken orally. Using pH paper to monitor your urine, you can safely adjust the amount of Baking Soda you are mixing and drinking with water. From my experience you can expect to see some positive changes in a matter of days.

I weigh about 170 pounds and for maintenance, I use one or two tsp. of Baking Soda daily. I have used as much as four to six tsp. of Baking Soda daily while going through detoxification.

What I have experienced personally is an almost immediate improvement in the appearance and texture of my skin; improvement in digestion, increased energy; improved sleep. I no longer have to get up in the night to urinate even though I drink 12 oz. of water with a tsp. of Baking Soda just before retiring. My stool is now well formed instead of loose and has virtually no odor. After years of suffering pain from arthritis and fibromyalgia, I rarely have any pain, my acid reflux is totally gone and I am now cancer-free!

Here is my proposal. I am preparing to write a book on The Baking Soda Cure For Cancer. Without your help, this book will mean little or nothing.

First of all, I will not be able to talk with the people who purchase this book and without talking with me personally and without reading any case studies to lend credibility to this method, few if any who read this book will ever follow my recommendation to drink Baking Soda and water. They will continue to hang onto their fear and do whatever the doctor tells them to do.

Whether or not you have cancer, I would appreciate you taking Baking Soda and keeping a daily journal or log of your experiences and benefits from using Baking Soda as part of your diet.

If you are willing to perform your own case study, then start by writing down all of your symptoms; even the ones you have grown accustomed to and forgotten when you didn't have them. This includes all aches, pains, sleep patterns; condition of skin, eyes, hair, nails; texture, color and quality of stool, urine etc. As any of these things change, please make notes along with the date so we can track how quickly things changed. Of course I won't use your name in my book unless you request it.

I would appreciate you updating the individual that shared this report with you as you progress and give him/her a final report when your cancer is gone.

May God Bless you.

John Austin

NATURAL CANCER CURE – Report #3

Most people have the mistaken idea that we are made up of the food we eat. That simply isn't true. A researcher took a tub full of dirt that he weighed and measured before planting an apple seedling in it. The apple tree grew and produced several crops of apples before he pulled up the tree, dusted of the roots and weighed and measured the dirt again. To his amazement, the dirt weighed and measured exactly the same.

Where did the apple tree and apples come from if not from the dirt? They were made from energy absorbed from the sun. Atoms are nothing but little balls of energy and everything including humans are made up of atoms. The human body merely extracts energy from the plant that it received from the sun. All the rest is discarded as waste.

There are foods and supplements that have been proven effective in helping the body to kill cancer. How do we find and know what works?

As **a health researcher and former health food storeowner**, one of my jobs was to find the very best products available for my customers. I really wanted my customers to get the results they were looking for.

A lot of people have grown so accustomed to fatigue, pain and diseases that they don't know anything else. They can't remember what it was like to feel good and can't imagine that such a state of health could ever return to them, but I have seen good nutrition change people's lives like you wouldn't believe.

I worked with Dr. Bernard Jensen who affectionately was known as the Father of Natural Medicine in this country. He had a farm in California called Hidden Valley Ranch, where thousands of incurable people came to be treated for whatever ailed them.

Dr. Jensen put them on a natural diet of organic foods grown right there on the farm and most of them left completely well.

Dr. Jensen traveled the world over looking for natural cures. He visited many of the ancient cultures where people normally live well beyond 100 years of age in nearly perfect health.

One of the areas he visited was the Himalayan Mountains where a very unique fruit is grown. The New York Times and the London Times each did a documentary on a 256-year-old man from that area who gave credit to his longevity to the fact that he made a soup from this berry every single day of his life.

The berry is called Wolfberry or Goji. The medical name for Goji is Lyceum Barbarum. There are 80 medical reports about the efficacy of this berry.

Blood cells get stuck together in long chains and cannot carry the necessary oxygen and nutrients to the cells. When this condition is prolonged, cancer grows. The juice from the Goji berry has been shown to separate the blood cells and help them do their work of carrying oxygen and nutrients to the extremities of the body.

To be considered healthy, **human blood must maintain a narrow pH range of 7.365. Any slight variation means disease. If blood pH drops below 6.8 or increases above 7.8, cells stop functioning and the patient dies. Goji also helps to alkalize the blood.**

One of the best gauges of what any food will do for you is the measurement of Life Force it contains on the Bovis Energy Scale. Goji has eight times more Bovis energy than any other berry.

I have found a product that contains Goji that is being sold at an unbelievably fair price. In addition to the Goji found in this product, it has a complete Multi-Vitamin Mineral Complex that has specific nutrients for all body systems. It has things to build the immune system as well as nutrients to support all body systems including the brain, moods and memory, support for heart and circulation, eyes, bones and joints, etc.

This product is also alive when tested by a proton electron meter. This means ample amounts of free hydrogen are made available, which is highly unusual for a nutritional product. Free hydrogen is desperately needed by anyone fighting any kind of disease, but it is rarely found in anything but fruits and vegetables that are consumed immediately after picking them from the vine.

The name of this product is Ten-In-One and although it should sell for \$60 or more, you can purchase a one-month's supply for just \$19.95. Prior to finding this product **I was paying \$129 a month** for a maintenance supply of Goji juice alone.

As I have previously discussed in other newsletters, the body needs a broad spectrum of nutrients to perform all of the functions of keeping the body healthy and free from disease.

If any one organ or body system is stressed from lack of certain nutrients, it weakens and drags down all other systems. The immune system certainly can't be strong against cancer if the body is weak on other fronts at the same time.

Another product, MA Plus, from the same company that sells Ten-In-One, can also aid the body in its effort to kill or prevent the growth of cancer cells. MA Plus enhances Glutathione production. In layman's terms, Glutathione is like a master hormone that helps to regulate other glands and hormones in the body. It is best known as the master antioxidant and without Glutathione the antioxidants you get in your supplements have little value.

Glutathione is the body's fountain of youth. It keeps your body from aging prematurely and people who have plenty of Glutathione rarely get sick; they typically maintain 20-20 vision into their old age and they age very gracefully without wrinkles and age spots.

Even more important to anyone concerned about cancer, out of the 90,000 reports written on the subject of Glutathione, there has never been a single case of cancer found in persons having adequate levels of Glutathione. **Studies indicate that you cannot get cancer if your Glutathione levels are normal.**

Studies also show that your chances of surviving any disease increases substantially when Glutathione levels are increased.

We have put up a 24 hr recording that you can call and listen to by phone. The number is 850-383-8213 pin 1#. There are three recordings on this message box. Press the number 1 followed by the # sign to learn about MA Plus. This is very much worth your time to listen.

There are 3 reputable companies that manufacture a Glutathione enhancer. My research has led me to a product that I believe is the **best of all the choices and at the same time is less than half the price** of the competition.

Please visit <http://www.shopgbg.com/317886>. The website should open when you click on the link or paste it into the address bar on your browser. (The address bar and search bars are different. The address bar is usually in the upper left hand corner of your screen and says address in front of the text field.)

To learn more about MA Plus, put your cursor on MA Plus and click. Listen to the short overview and read the introduction to this fabulous product.

**LISTEN TO THIS EXCLUSIVE LIVE MA+ INTERVIEW
CALL 850-383-8213 FOLLOWED BY 1 #**

One canister of MA Plus at \$38.95 is considered a maintenance dose for one person. I would recommend 3-4 scoops a day as a therapeutic dose while fighting any health challenges. Each canister contains 30 one-scoop servings.

Mix one ounce of liquid 10-in-One and one scoop of MA Plus in three ounces of water and shake in a shaker cup to make a wonderful tasting powerhouse of nutrition.

Hopefully you are already testing your pH and using the Baking Soda. PH paper is available at some health food stores, chemical companies or can be purchased from the Internet. Simply do a search on Google.com for pH test paper. **Rolls of pH paper that come in what appears to be a miniature scotch tape dispenser are the most economical.**

Obviously, we (I or the individual that has shared this report with you) don't make any money from the Baking Soda you are using. We do make \$5 from each bottle of 10-in-One and from each canister of MA Plus, so if you do decide to purchase either product, **we would appreciate your patronage**, because that is how we feed our families.

Please order from <http://www.shopgbg.com/317886> or call the toll-free ordering desk at 866-453-4600. When calling, please reference Jack's name and ID# so that I will get credit for your order. Jack Prettyman ID # 317886

GBG is a reputable company and they offer a 60-day, open bottle, money back guarantee.

GBG's 10-in-One liquid nutritional along with MA Plus and Baking Soda make a good one-two-three punch that few health problems can resist. MA Plus helps restore your Glutathione levels while Ten-In-One with Goji helps alkalize and nutrient your blood and Baking Soda alkalizes your urine faster than any other thing you can possibly use.

Please pass this email on to your friends. **Don't wait for one of them to call you saying they have just been diagnosed with cancer before you get this life-saving information to them.**

May you live long and prosper,

John Austin

NATURAL CANCER CURE – Report #4

Disease is caused by the intrusion and accumulation of things in the body that do not belong there. A good example is when you cut a finger and you get dirt inside of the wound, toxins in the dirt cause the wound to

fester and prevent it from healing. Clean up the wound, remove the infection, and bingo, the body heals itself.

The list of things that cause disease can include yeast, mold, fungus, bacterium, viruses, candida, cancer cells, etc. Every living human being has some of each of these floating around in their bodies, including cancer cells. That however is not the problem. The problem stems from an accumulation of toxins that provide food and soil for these cells and organisms to grow in.

A tumor is a protective mechanism built by your body to prolong your life. A tumor is actually your friend for the very reason it was built by your body to prolong your life. It is nearly impossible for your body to eliminate all of the toxins that are bombarding you each day. Gradually your bodily fluids have become saturated with acids and toxins that are killing you slowly and making you sick. This is the fish bowl metaphor.

If you don't change the water in the fish bowl, it eventually gets dirty and the fish dies from suffocation. It is all about pH. Remember in our last report we talked about the levels of oxygen dropping ten-fold for each full number drop in pH? When pH levels are 3 points lower than normal (which is the case with most cancer patients) oxygen levels are a thousand times less than they should be.

Your cells are being bathed in water, just like the fish in the bowl. Your cells can be no healthier than the fluid they are bathed in. Are you bathing your cells in things like soda pop? If you were to take a ten-gallon container of water that tests 7.0 pH and pour in one 16 oz. can of soda pop, the pH of the water would drop by 2.5 points. The average human body contains roughly 10 gallons of water. Is it any wonder that Americans are dying of cancer?

Do you remember your chemistry teacher that taught you about saturation? To demonstrate this principle, he or she took a beaker of water and started pouring sugar into it. At first the sugar would dissolve and look like water, but eventually the water could hold no more sugar and the sugar settled at the bottom of the beaker.

Toxins in the blood and bodily fluids act the same way. We are eating, drinking and breathing toxins every day. Eventually they start falling out of solution. If toxins settle around the joints, we call that symptom a disease and name it arthritis. If toxins settle in the muscle fibers, we name it Fibromyalgia. If toxins settle around the nerves we name it Multiple Sclerosis. (Acid, eating or dissolving the Myelin Sheath off the ends of the nerves is what causes MS.)

If toxins settle in the brain, we call it memory loss, headaches, dementia, Alzheimer's, ADD, Schizophrenia, Brain Tumor and a bunch of other "disease" words. If your pancreas gets plugged up with toxins to the point it can no longer make insulin, we call you Diabetic.

I could go on, but the point I am trying to make is when toxins settle out into a weakened organ or tissue that is unable to defend itself from toxins as readily as the surrounding tissue, (this could be from genetic defect, prior injury, surgery, etc.) the toxins begin concentrating to a dangerous level. The body's first order of business is survival, so a signal is sent from the brain instructing the toxic organ to start building a protein or fibrin sheath around the concentrated toxins and we call that a tumor.

Normal cells will usually start dying due to the heavy concentration of toxins inside the tumor. The only way they can preserve their own lives is to mutate or change into a different life form. We have another name for mutated cells; we call them malignant or cancerous.

Unlike a normal, healthy cell, cancer cells never die. They do however, keep growing and multiplying. The toxins inside of the tumor become food for the mutated cells and since there is no shortage of food, they generally grow quite rapidly.

The tumor becomes a filtering system for your blood, much like the oil filter on your car. The dirty, toxic blood flows into the tumor; the tumor filters out the toxins and sends cleaned blood back to the rest of the body. The toxins that remain are food for the cancer cells and they continue to grow.

Are you content with the idea that cancer is a toxic condition? The human biological terrain is what allows bacteria, viruses and cancer cells thrive and survive in the human system.

Cancer loves the by-products of petroleum! Petrochemical drugs, chemical fertilizers, herbicides, petroleum exhaust from automobiles and airplanes are all food for cancer cells in the human body.

Acidic foods like meat, dairy, sugar, bread and flour products all create the perfect environment for cancer to grow in. Artificial sweeteners like aspartame are among the list of the most deadly offenders.

We should avoid as many of these as possible, but it is impossible to avoid them all. So how can we clean up our biological terrain or inner environment? By neutralizing the acids and toxins that all of us have accumulated and by providing a good balance of necessary building blocks of nutrition.

To build a fire you have to have three things; heat, fuel and oxygen. Remove any of the three and you break the fire triangle and the fire will be extinguished.

Cancer also has its own triangle.

1. Cancer needs the heat of a warm, living body. If the host dies, the cancer dies.
2. Cancer needs acidic fuel like junk food, toxic chemicals, meat, dairy and sugar.
Replace the acid fuel with alkaline fuel and the cancer will die.
3. Cancer thrives in a no-oxygen / low oxygen environment. Bombard the cancer with plenty of oxygen and it will die.

Isn't it comforting to know there is a simple reason as to why people get cancer and a sensible way to take care of it without burning, poisoning or cutting?

Natural Cancer Cure addresses the root or cause of the cancer by giving you simple methods to neutralize the acids and toxins that provide fertile soil for cancer to grow in. Hopefully, you are monitoring your pH results by testing your first morning urine sample. Remember Dr. Warburg said that cancer couldn't survive in a pH of 7.0.

Natural Cancer Cure must also incorporate good nutrition. I think you would agree that your health and energy would suffer if you ate nothing but cardboard every day. The junk food that most Americans live on today is little better than cardboard nutritionally.

Growing up on a farm, we had to learn about animal nutrition in order to survive. If the cows didn't get their vitamins and minerals their coats were rough and dull, they got sick much more frequently and they gave less milk. With proper nutrition their coats became smooth and glossy, they didn't get sick and they gave lots of milk.

Are you happy with the idea that just like the animals, your body needs a good source of vitamins, minerals and other necessary nutrients to maintain optimum health and energy?

On the other hand, does it bother you to know there is almost no place you can go in America today to get the quality of nutrition that will give you optimum health and help prevent disease?

As the former owner of a health food store, Certified Nutritionist, Health Researcher and Author of the book, Minerals in Nutrition, let me just say, **there are very few nutritional supplements that I personally recommend.**

I do endorse and recommend Ten-In-One found at <http://www.shopgbg.com/317886>. **It is the only complete vitamin mineral complex I know of that is alive.** Food that has been picked for 2-3 days is dead and eating dead food leads to death, disease and dehydration. Live food leads to life, health and hydration.

If your ultimate objective is cancer prevention or cancer cure, **nutrition is a vital element that must not be ignored.**

Are you happy with knowing that Ten-In-One provides that nutrition?

While doing the research on my book, I discovered certain minerals that kill cancer cells on contact. Trying to cure cancer with drugs is much like the story of the three little pigs. I tell people you can't build a brick house out of sticks and straw and **if you want a healthy body free of cancer and disease, you have to have the building blocks of good nutrition.**

Drugs made from petroleum-based chemicals have NO building blocks for healthy bodies. In fact **every drug listed in the Physicians Desk Reference (PDR) lists anywhere from a dozen side effects to over 100 diseases that every single drug can cause. That's because they all cause acid in the body, which is food for cancer and breeding ground for all diseases.**

Baking Soda and Ten-In-One are the two best things I've found to modulate urine and blood pH. You have 60-days with an unconditional money back guarantee.

If you haven't ordered your Goji yet, please do so at: <http://www.shopgbg.com/317886>

Please pass this report along to your friends.

To Your Health,

John Austin

NATURAL CANCER CURE – Report #5

In earlier reports we learned that toxins turn to acid in the body and acid cause different diseases, one of them being cancer. In this report, I am going to talk specifically about some of the chemicals you want to avoid if you want your cancer to disappear.

The National Institute of Occupational Safety and Health (NIOSH) analyzed 2,983 Chemicals used in Personal Care products. The results were as follows:

884 of the chemicals were toxic
314 caused biological mutation
218 caused reproductive complications

778 caused acute toxicity
148 caused tumors
376 caused skin and eye irritations

According to the following report, you may be killing yourself with personal care products, household cleaners and chemicals that you use daily. This is more serious than you may realize!

TOP 10 "KILLER" HOUSEHOLD CHEMICALS

"In just 26 seconds after any exposure to chemicals, they can be found in every organ of the body." If you don't believe this then crush up a clove of garlic and step on it with your bare foot to see how long before you taste it in your mouth.

AIR FRESHENERS

Air fresheners interfere with your ability to smell by releasing a nerve-deadening agent. Toxic chemicals found in air fresheners are:

Formaldehyde: Highly toxic, known carcinogen.

Phenol: When phenol touches your skin it can cause it to swell, burn, peel, and break out in hives. Even a small amount of this commonly known cleaning agent can cause cold sweats, convulsions, circulatory collapse, coma, and even death!! At all costs, keep this chemical away from you and your loved ones.

AMMONIA

A very volatile chemical; it is very damaging to your eyes, respiratory tract and skin.

BLEACH

Strong corrosive. Irritates the skin, eyes and respiratory tract. Vapors can cause fluid in the lungs, which can cause coma or death! WARNING: Never mix bleach with ammonia or other acids, including vinegar. The mixture causes deadly fumes!

CARPET & UPHOLSTERY SHAMPOO

Designed to overpower the stain, by using highly toxic substances. Some include:

Perchloroethylene: Known carcinogen, damages liver, kidney and nervous system.

Ammonium Hydroxide: Corrosive, extremely irritable to eyes, skin and respiratory.

DISHWASHER DETERGENTS

Most products contain chlorine in a dry form that is highly concentrated and is the #1 cause of child poisonings (poison control statistics).

DRAIN CLEANERS

Most drain cleaners contain lye, hydrochloric acid or trichloroethane.

Lye: Caustic; burns skin and eyes. If ingested will damage esophagus and stomach.

Hydrochloric acid: Corrosive, eye and skin irritant, damages kidneys, liver & digestive tract.

Trichloroethane: Eye and skin irritant, nervous system depressant; damages liver & kidneys.

FURNITURE POLISH

Petroleum Distillates: Highly flammable, can cause skin and lung cancer. DANGER!

Phenol: (See Air Fresheners, Phenol)

Nitrobenzene: This chemical, easily absorbed through the skin, extremely toxic. Contact with skin can cause skin discoloration, shallow breathing, vomiting and death! Repeated exposure can cause genetic changes, birth defects, cancer, liver, kidney, heart and central nervous system damage. Continues to give off residual fumes once applied to furniture.

MOLD & MILDEW CLEANERS

Most of these products are packaged in either a pump or aerosol spray. These are used to spread the product onto the surface with a fine mist. As you begin to work and breathe harder, these chemicals go deeply into your lungs.

Sodium hypochlorite: Corrosive irritates or burns skin and eyes; causes fluid in the lungs, which can lead to coma or death.

Formaldehyde: Highly toxic, known carcinogen. Irritant to eyes, nose, throat and skin. May cause nausea, headaches, nosebleeds, dizziness, memory loss and shortness of breath.

OVEN CLEANERS

Next to drain cleaner, oven cleaners are some of the most toxic chemicals in your kitchen. If you read the label carefully you would probably be afraid to even pick up a can, let alone use it. It's lingering effects can sometimes be smelled days or even weeks after use, not to mention that fine aromatic taste it leaves on your food after it comes out of your newly cleaned oven!!

Sodium or Potassium Hydroxide (Lye): Caustic, strong irritant, burns skin and eyes. Inhibits reflexes, will cause severe tissue damage if swallowed. These products come in aerosol spray containers. These sprays send thousands of tiny droplets of ammonia or lye into the air that land on your skin or in your eyes, and of course they are easily inhaled. One should wear a gas mask while spraying.

DISHWASHING LIQUID & ANTIBACTERIAL CLEANERS

The new concern is salmonella. While this can be a potentially deadly bacterium, a little common sense can prevent it from affecting you or your family without using antibacterial cleaners. Typical cleaners claiming to inhibit salmonella might be worse than the problem itself!

Triclosan: Absorption through the skin can be tied to liver damage. Some artificial dyes included in dishwashing liquids are known to cause cancer. Especially considering the frequency and length of time your hands are soaked.

LAUNDRY ROOM PRODUCTS

Numerous products are used in our laundry rooms to clean our clothes, but what types of toxins are we using at the same time?

Sodium or Calcium Hypochlorite: Highly corrosive, irritates or burns skin, eyes or respiratory tract. May cause pulmonary edema, vomiting or coma if ingested. Contact with other chemicals may cause chlorine fumes, which may be fatal.

Linear Alkylate Sulfonate: Absorbed through the skin. It has been known to cause liver ailments in test animals at comparatively small dosages

Sodium Tripolyphosphate: Irritates skin and mucous membranes. Causes vomiting. One of the problems with most of these chemicals is that they are absorbed through the skin. As we continue to wash our clothes in these products, residue builds up in the fibers. As we wear our clothing, these rub against our skin and these noxious chemicals are absorbed through the skin.

SHAMPOO, SOAP & SKIN CARE

Sodium Laurel Sulfate: Carcinogen. May cause cancer.

Propylene Glycol: Antifreeze used in automobiles. Widely used as a carrying agent because it penetrates the cells so quickly. Can cause nerve damage, blindness, paralysis and even death!

TOILET BOWL CLEANERS

Hydrochloric acid: Highly corrosive irritant to both skin and eyes. Damages kidneys and liver.

Hydrochlorite Bleach: Corrosive, irritates or burns eyes, skin and respiratory tract. May cause fluid in the lungs and respiratory tract. Contact with acids causes fumes, which may be fatal.

Any poison that will kill you quickly in moderate doses will kill you slowly in small doses, if repeated on a continuing basis. Poisons accumulate in the body. Toxins disturb metabolic functions, reduce pH, reduce oxygen levels and create an environment where disease can thrive in the human body.

ALCOHOL

ALUMINUM

"Studies linking aluminum to Alzheimer's disease... The evidence is strong enough that the prudent person will eliminate all food and cosmetic sources of aluminum and will use aluminum cooking utensils only if they're coated, suggests Gary Price Todd, MD, author Nutrition, Health and Disease."

"Autopsies have found high concentrations of aluminum in the brain of people who had suffered from Alzheimer's disease." Public Health Reports, Nov-Dec 1993 v108 n6 p798(2)

Dr. Daniel Perl, Director of Neuropathology at Mount Sinai Medical Center in New York, suggests avoiding aerosol antiperspirants. "Aluminum in aerosol form may be more readily absorbed into the brain through nasal passages." The university of California, Berkeley Wellness Letter, April 1993 v9 n7 p1(2)

"Aluminum-containing antiperspirants are designed to be absorbed and studies show that regular use of these products can raise the risk of Alzheimer's by as much as three-fold. (Also) ...municipal water

supplies treated with alum (aluminum sulfate)... at least 7 studies show that people drinking water high in alum are more likely to develop Alzheimer's." Natural Health, May-June 1993 v23 n3 p5(2)

Aluminum is the third most common element and is toxic to the human body. **Aluminum is found in antiperspirants, antacids, processed foods, salt, toothpaste, cosmetics, beverage cans, foil and cookware.**

Fifty years ago, Alzheimer's was virtually unheard of. Now it is the fourth leading cause of death. Reading labels for Aluminum may not help, because it is not always listed even when found in a product you are buying. Aluminum is considered an inert ingredient and does not have to be listed.

Perhaps the worst culprit of Aluminum poisoning is **toothpaste**. Recently brought to light, is the fact that the main ingredient in most toothpaste is Aluminum. Read your label and you will see listed 1% active ingredients. What are the other 99%? **Although we have not checked every brand, we have verified through Colgate-Palmolive that indeed they do use Aluminum in the manufacture of their toothpaste.**

Aluminum Dioxide is a brilliant white powder that is mildly abrasive. Mixed with water, a little SLS to make it foam, some flavoring to make it taste good, some coloring and presto, you have toothpaste. Read the following story and see how we discovered Aluminum in your toothpaste.
(Link) Dangers of Toothpaste Story

SODIUM FLUORIDE

Add some Sodium Fluoride to your toothpaste and you do want to keep it out of reach of children. Sodium Fluoride is a byproduct of Aluminum manufacturing. In the early days of Aluminum manufacturing, the waste Fluoride was piled around the manufacturing facilities. Fluoride was leaching into the groundwater and animals were dying within a 15-mile radius of the plant. When it was discovered how deadly this substance is, Aluminum makers were faced with either storing this toxic waste at a huge expense or finding a way to disseminate it in small enough doses to render it non-toxic.

It is true that Fluoride helps strengthen bones and teeth, but not the form found in toothpaste and drinking water. The form of Fluoride coming from the manufacture of Aluminum is destructive to life. Survival of industry is more important in America than health. Money has a way of winning and the American people were sold a bill of goods when they bought Fluoride in their toothpaste and in their drinking water. As of April 7, 1997 the FDA required warning labels on all fluoride dental care products. Until now, few people have taken this seriously. The tide is turning as more people are getting educated to what the chemical companies are doing to our health.

DEA

On February 23, 1998, CBS's morning talk show reported findings of a government study about DEA that shocked the personal care and cosmetic industries.

Diethanolamine (DEA) was selected for evaluation because its large-scale production and pattern of use indicate potential for widespread human exposure. This 2-year study concluded in late 1997.

DEA is an ingredient formulated into soaps, detergents and surfactants and is found in over 600 home and personal care products. These products include shampoos, conditioners, lotions, cosmetics, soaps, bubble baths, laundry and dishwashing detergents. DEA is potentially dangerous and hazardous to our health. It is

one of more than 125 ingredients commonly found in home and personal care products known to be carcinogenic (**Cancer causing**).

DEA, when applied to the skin, resulted in clear evidence of carcinogenic (causing or contributing) activity. U.S. Department of Health and Human Services' National Toxicology Program – NTP TR 478.

Dr. Samuel Epstein, author of "The Safe Shopper's Bible" and founder of the American Coalition to Prevent Cancer, is considered the world's leading authority on toxicology. Dr. Epstein has issued a stern warning against the use of DEA. For the safety of your family, check your labels for Lauramide DEA or Cocamide DEA.

PHENOL

Phenol is found in most cleaners and air fresheners. It is also found in a number of products, including some medicines, lotions, and ointments.

When phenol touches the skin it can swell, burn, peel and break out in hives. Contact with this commonly known cleaning agent can cause cold sweats, convulsions, circulatory collapse, liver damage, diarrhea, dark urine, hemolytic anemia, coma and even death!

PROPYLENE GLYCOL

Called a humectant in cosmetics, **it is really "industrial antifreeze"** and the major ingredient in brake and hydraulic fluid. Tests show it can be a strong skin irritant. Material Safety Data Sheets (MSDS) on Propylene Glycol warn users to avoid skin contact, as it is systemic and can cause liver abnormalities and kidney damage.

What is anti-freeze doing in hundreds of household products and why is it now being added to numerous foods on your grocery shelf?

People are warned not to leave containers of anti-freeze lying around when flushing their cooling systems. Many pets and children have died after drinking anti-freeze. In fact the vats where anti-freeze is manufactured are full of rats that have drank from the vats and fallen in dead.

Propylene Glycol is a good carrying agent and also acts as a moisturizer. Pet foods that remain moist and chewy are a result of Propylene Glycol being added. Propylene Glycol is being added not only to many household and personal care products, but it is now being added to many foods for humans to keep foods soft and moist. It is even found in your baby wipes. **Side effects are nerve damage, blindness, paralysis and even death!**

Propylene Glycol: Implicated in contact dermatitis, kidney damage and liver abnormalities; can inhibit skin cell growth in human tests and can damage cell membranes causing rashes, dry skin and surface damage. May be harmful by inhalation, ingestion or skin absorption. May cause eye Irritation, skin irritation. Exposure can cause gastro-intestinal disturbances, nausea, headache, vomiting and central nervous system depression. Material Safety Data Sheets (MDS)

A published clinical review showed propylene glycol causes a significant number of reactions and was a primary irritant to the skin even in low levels of concentrations. The American Academy of Dermatologists, Inc; Jan 1991

Propylene Glycol is used in:

Anti-Freeze – Brake and Hydraulic Fluid – Paints – Floor Wax – Laundry Detergents – Human and Pet Foods – Tobacco – Cosmetics – Toothpaste – Shampoos – Deodorants – Lotions – Etc.

SODIUM LAURYL SULFATE

Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES) are found in nearly ALL shampoos, soaps and toothpastes.

Potentially, SLS is **one of the most harmful ingredients in personal-care products**. SLS is used in testing labs as the standard ingredient to irritate skin. Industrial uses of SLS include garage floor cleaners, engine degreasers, and car wash soaps just to name a few.

Studies show its danger potential to be great when used in personal-care products. One study indicates that SLS is systemic, and can penetrate and is stored in the eye, brain, heart, liver etc., with potentially harmful long-term effects. It could retard healing, cause cataracts in adults, and can keep children's eyes from developing properly and may be a leading cause of blindness. SLS could be the reason why more and more people need contacts and glasses!

The following points are taken from a lab study. "Detergent Penetration into Young and Adult Eyes, Research to Prevent Blindness." K. Green, Ph.D., D.Sc.

- SLS is rapidly taken up and accumulated by eye tissues.
- SLS uptake is greater in younger mammals.
- SLS denatures proteins of eye tissues – impairing development permanently.
- SLS extends the healing time of the cornea surface to 10 days... far beyond the norm of 2 days.
- Tissues of young eyes may be more susceptible to alteration by SLS.

Other research has shown that SLS and SLES may cause potentially carcinogenic nitrates and dioxins to form in shampoos and cleansers by reacting with commonly used ingredients found in many other products. Large amounts of nitrates may enter the blood system from just one shampooing. SLES is the alcohol form (ethoxylated) of SLS. It is slightly less irritating but may cause more drying. Both SLS and SLES can enter the blood stream. They are used in personal-care products because they are cheap.

SLS has a tendency to react with other ingredients to form NDELA, a nitrosamine and potent carcinogen.

Researchers actually estimate the nitrate absorption of one shampoo is equal to eating a pound of bacon!

SLS is a skin irritant that can penetrate and impair the skin barrier. SLS can also enhance the allergic response to other toxins and allergens per "Dangerous Beauty" by David Lowell Kern. We do not advise its use.

TALCUM POWDER

Talc is the common ingredient in many body, baby, feminine powders and cosmetics.

"A possible tie between talcum powder and ovarian cancer, long suspected because of talc's chemical similarity to asbestos, was strongly supported last week when a study found a higher risk of the cancer among women who dusted themselves with talc or used feminine deodorant sprays. The study, published in the American Journal of Epidemiology, found that women who used talcum powder in the genital area had an increased ovarian cancer risk of 60% and women who used feminine deodorant sprays had a 90% increased risk." U.S. News & World Report, March 17, 1997 v 122 n10 p77(1)

Talc's harmful effect on human tissue has been known for quite some time. Long ago, its dry lubricating properties were used as a glove-donning powder (making them easy to slide on) for surgical gloves. As early as the 1930's, Talc was linked to post-operative granulomatous peritonitis and fibrous adhesions.

Talc... (on condoms)... may result in fallopian tube fibrosis with resultant infertility. Question raised by Doctors Kasper and Chandler in Journal of the American Medical Association (JAMA) 3/15/95 Nutrition Health Review, Summer 1995 n73 p8(1)

Note: Talc is not used in glove-donning powders anymore, but it is still found in powders, cosmetics and condoms. Apparently doctors care about their own health, but do they care about yours?

A LITTLE MORE NEWS.... if you think the ingredients in your personal products are safe, then why did this happen at a shampoo factory? 7/14/99

*** 5,000 evacuated in Iowa due to spill

IOWA CITY, Iowa (AP) - About 5,000 people were evacuated Tuesday from the city's southeast side when a corrosive chemical spilled while being unloaded at a factory that makes shampoo and toothpaste. About a gallon of the chemical, called Chlorosulfonic Acid or CSA, spilled while being piped from a rail car into a storage tank at a Procter & Gamble Co. factory. The spilled acid formed a vaporous cloud, which began drifting on the wind. "They can harm you if you inhale them or just come into contact with your skin," said Iowa City Fire Marshal Roger Jensen. Two police officers exposed to the vapor were checked out at a hospital and released. There were no other injuries, Jensen said. P&G spokesman Mike McCleary said the spill occurred about 10 a.m. when a valve on the unloading equipment failed."

Why do they put such deadly chemicals in our toothpaste and personal care products? Do you want chemicals like the one described being absorbed into your body? Small doses may not kill you quickly, but they will kill you slowly. Cancer is one example. It often takes years to accumulate enough toxins that your body can no longer deal with them.

It may take only one ingredient to kill you, or make you wish you were dead. What happens when thousands of chemicals combine in you body? We don't know the extent of the damage that is being done. We do know that Cancer and other Degenerative Diseases have shot through the roof in epidemic proportions.

In 1964, one person in 214 was contracting cancer. Today it is one person in 2.5. More than 250,000 new chemicals are created each year. Thousands of chemicals are showing up in your food. Over 700 have been found in your water. Over 800 are found in your personal care and perfume products.

There are literally millions more. All of these toxins lead to acidosis and disease. You can no longer afford to hide your head in the sand and expect the government to protect you. The FDA is no longer a protector for the consumer. The FDA is hell-bent on destroying health freedom in the United States. Proposed legislation known as CODEX will take away your right to cure cancer naturally. See this website for more details.
<http://www.healthfreedomusa.org>

How can you send a message to the drug and chemical companies? Quit buying their products!

There are manufacturers of personal care products that are listening to our demand for natural products. They have personal care products including soaps, shampoos, cosmetics, etc. without harmful chemicals.

Did You Know?

There are more than 3 million poisonings every year.

Household cleaners are the #1 cause of poisonings in children.

Regular shampoos often contain formaldehyde as a preservative.

Since 1980 Asthma has increased by 600%.

Common household products have been identified as triggers of Asthma.

Manufacturers are NOT REQUIRED to list the exact ingredients on the label.

Chemical names are often disguised by using "trade names", so you may not recognize the chemical for what it truly is.

The Consumer Product Safety Commission connects 150 chemicals commonly found in our homes to allergies, infertility, birth defects, cancer, psychological disorders and even death.

The only message these people hear is to stop buying their chemical laden products. Wherever possible, start growing your own foods. Use Baking Soda to neutralize acids and toxins in your body and drink Ten-In-One to oxygenate your blood and provide sound nutrition for healthy cells and organs.

Isn't it comforting to know there is a simple reason why people get cancer and there is also a sensible way to take care of it without burning, poisoning or cutting?

These reports address the root or cause of the cancer, giving you simple methods to neutralize the acids and toxins that provide fertile soil for cancer to grow in. Hopefully, you are monitoring your pH results by testing your first morning urine sample. Remember Dr. Warburg said that cancer couldn't survive in a pH of 7.0.

Any Natural Cancer Cure must also incorporate good nutrition. I think you would agree that your health and energy would suffer if you ate nothing but cardboard every day. The junk food that most Americans live on is little better than cardboard nutritionally.

If your ultimate objective is cancer prevention or cancer cure, **nutrition is a vital element that must not be ignored.**

Are you happy with knowing that Ten-In-One provides that nutrition for only \$19.95?

Drugs made from petroleum-based chemicals have NO building blocks for healthy bodies. Now that you know synthetic drugs and chemicals cause disease, why would you want to use them?

Baking Soda and Ten-In-One are the two best things I've found to modulate urine and blood pH.

You have 60-days with an unconditional money back guarantee. If you haven't ordered your Ten-In-One yet, please do so at: <http://www.shopgbq.com/317886>

To Your Health,

John Austin

NATURAL CANCER CURE – Report #6

THE MIND CAN AND DOES KILL CANCER!

More now than ever before we are beginning to discover and understand the power of thoughts. It is highly recommended that you find a copy of the movie "The Secret" to help you more fully unlock the power of your mind. Here is a quote from that movie.

"Whatever you are feeling is a perfect reflection of what is in the process of becoming!"

Take a look at your innermost feelings. Do you feel the cancer growing or do you feel the cancer shrinking? The most powerful part of this whole equation is that you get to choose the feeling. To experience a rapid change, consciously choose the feeling that you want to create and take ½ hour twice daily to focus on that feeling.

Become detached from the cancer. Never admit to owning it. Never call it "my cancer."

Cancer loves feelings of anger, frustration and hatred. You need to become aware at all times of your thoughts and your feelings. **When you see a negative thought flash across your mind or feel a negative feeling creep into your heart, stop what you are doing and correct it.**

Don't hate the thoughts or the feelings. Send love to whatever is bothering you. You can even say I love you when thinking about the cancer. Love is the most powerful force in the universe and can heal your cancer faster than anything.

Although I have heard some negative press about the movie The Secret, (mostly by those who don't want us to be freed from their control over us) the message of this movie is, **"what we think about comes about."**

The Bible says it differently, but it means the same thing. **"As a man thinketh in his heart, so is he."** A heart thought is simply a thought that we have continually entertained to the point that it has become a part of our core belief system. For example:

I can't...
I don't...
My cancer...
I'm sick of...
I'm tired of...
I hate...

You know the rest of the sentences and pretty soon you become sick and you become tired and you are filled with hatred and negative emotions.

When you say things like, "I don't have enough money to pay my bills" you say that with emotion and conviction. **That is a heart thought and will continue to be the case until you change your thinking.** For the same reason, if you say "I have cancer, that will continue to be true until you start changing your thoughts and your words.

The other part of this equation is you become like those you associate with. Author and motivational speaker, Charlie (Tremendous) Jones says, "You'll be the same tomorrow as you are today except for the people you meet and the books you read.

Do you want to be like characters portrayed on today's sitcoms? Then stop watching TV. Do you want more negativity in your life? Then stop reading and watching the news. Stop listening to music with negative lyrics.

There are plenty of positive books, tapes, CDs, movies, etc. Start filling your mind with life-giving, love-giving, health-giving materials. If you want the cells of your body to have a wholesome character, you must start doing the same. You can associate with some great people without meeting them in person. Immerse yourself in good, moral media.

Over the years I have spent thousands of hours praying and contemplating the true character of God. These associations have brought me much peace and contentment.

Life is too short to waste. Let your thoughts be a little higher by avoiding negative people and negative media and replacing them with positive, loving thoughts.

Mind and body are connected. Mental stress is one of the greatest causes of cancer. Stress is magnified when good nutrition is lacking. Ten-In-One helps to eliminate mental and emotional stress. The nutrients in Ten-In-One have a calming effect on the body and the mind.

To purchase the Ten-In-One go to: <http://www.shopgbg.com/317886>

Are you happy to know you can take charge of your own health? You are the captain of your ship and you are the only one that can decide what the future will hold for you. If you give up that control to someone who stands to make a million dollars on your misfortune, then the outcome will not result in a cure. At best you can hope for a temporary remission.

Radiation and drugs made from petroleum-based chemicals have NO building blocks for healthy bodies. Now that you know that patent cancer treatments, synthetic drugs and chemicals cause disease, why would you want to use them?

Baking Soda and Ten-In-One are the two best things I've found to fix what caused the cancer and that is acid pH. These two things modulate urine and blood pH faster than anything I've found in 35 years of research. The body can only cure itself once the pH and nutrition are corrected.

You have 60-days to use the Ten-In-One with an unconditional money back guarantee.

To Your Health,

John Austin

PS: Please pass this report along to your friends.

If you want to order Ten-In-One or MA Plus, please do so from my website: <http://www.shopgbg.com/317886>

NATURAL CANCER CURE - Report #7

SOME OF MY EXPERIENCES

Please pass this report along to your friends.

I started taking Baking Soda daily about 2 ½ months ago. Today is the first day that I let it drop below 8.0 pH. I went off of the Soda to see how long it would take me to drop to 7.5 pH. It took about a day and a half.

I started taking baking soda again as I plan to keep my pH at 8.0 or higher for a while longer, partly because I want to prove the safety of getting the pH to a therapeutic level long enough for the body to cure itself and partly because my own health has improved dramatically while doing this, even though I have been working toward better health for 35 years.

Yesterday I talked with a lady who ordered my reports two months ago. She was researching a cure for cancer for her younger sister when she found my website.

She has been trying to get her sister to try my program for two months now. Finally, the sister with cancer asked her doctor if it was safe to take baking soda and drink Goji Juice. He said she could take ½ tsp. of soda daily (which in my opinion was bad advice) and said she could also drink a small amount of Goji Juice. (The Goji is found in Ten-In-One at <http://www.shopgbg.com/317886>)

She started doing that and actually started feeling worse. Because the lady with cancer refused to talk with me personally, I communicated the best I could back and forth with her sister. I asked her sister what her pH was and she thought it had come up from 4 something to about 5.75, which I told her sister is **just high enough to cause the cancer to start growing rapidly.**

When this was relayed back, the one with cancer finally agreed to talk with me one time. I convinced her to take enough baking soda to do her some good. I think she took 2 tsp. before going to bed and again in the morning before going to see her doctor that day. **She had an immediate increase in energy and felt so much better** that she told her oncologist about her experience.

When the doctor saw how much she had improved, he admitted to her that his own father had been totally cured of cancer by taking common Baking Soda and Goji Juice. He then gave her 3 bottles of Goji. Supposedly her doctor told her to start taking 10 TBS. of baking soda daily while drinking the Goji Juice.

I was frankly shocked to hear this story for two reasons. First I was elated to hear that an oncologist in our own country had used this protocol with success on his own father, but secondly, I was convinced that this lady had either heard the doctor wrongly on the amount of baking soda to use, or that he had misinformed her.

I feel that 10 tsp. would be the maximum dose for even a large person and 10 TBS. is 3 times that amount.

Not being able to communicate with this lady directly, I could only tell her sister that I felt this was too much soda and her sister should try to verify the amount.

Yesterday, we talked again and I asked how the sister was doing and how much soda she had taken. To the best of her knowledge she had taken the full 10 TBS. Well the lady got sick and had some pain in her chest. Again she went to the doctor without consulting me and the doctor said her gall bladder was swollen and needed to come out.

I pleaded with my friend to get her sister on the phone and by the time we reached her she said she couldn't talk because they had just called her into surgery.

I proceeded to tell my friend that almost everybody in America has a swollen gall bladder. The doctor's answer is the gall bladder is just a spare part so let's cut it out. I told her that God doesn't make spare parts. **Every body part has a purpose!**

The gall bladder can quickly and painlessly be cleansed in one day, removing typically 300-500 gallstones ranging in size from a pea down to a bee bee. They are lime green in color, they are made up of cholesterol and if you squeeze one with your fingers it will smash quite easily and feels like soft wax.

Because I was so upset by this experience, to prevent other people from having to go through this abuse, I have a recipe to a very old remedy used by untold thousands of people to painlessly get rid of gallstones. **Just ask the person that shared this report with you to also send you the "Liver and Gall Bladder Cleanse Report".**

If the average gallbladder has 1,000-5,000 stones, you can imagine that it might be a bit swollen and painful, especially after eating fatty foods. Doctors love to cut out gallbladders. After all, they want their children to attend the best colleges; they want lavish homes, luxury cars, exotic vacations, etc., and your gallbladder surgery will make a nice down payment.

The truth is, your gallbladder is the alkalizing organ of your body and a major support organ to your liver. Without it, you will no longer be able to digest fats and oils without taking digestive enzymes with every meal and you will have to take something every single day for the rest of your life to replace the alkalizing effect of this organ.

There is more that could be said, but the point is, there is no need to give up your gallbladder, tonsils, appendix, uterus, prostate gland, breasts, kidneys, lungs or other spare parts with proper preventative measures.

Your body is the temple of God and I am just plain mad when doctors treat the temple of God with such disrespect. I am also ashamed when people allow their temple to be treated this way.

I feel hurt and somehow partially responsible for this lady losing her gallbladder. If only I were somehow more persistent and able to get through to her, she could have saved her gallbladder and cured her cancer as well. She still has the cancer and now she has one less body part to help her fight her way through the process of curing her cancer. And even if she does cure the cancer, she will forever be handicapped by the loss of one of her organs.

I hope I don't let others down and that is why I write today.

As always I pray for your health and a perfect recovery from all sickness and disease of mind, body or spirit.

Your friend,

John Austin

PS: Please pass this report along to your friends.

If you want to order Ten-In-One, please do so from my website: <http://www.shopgbg.com/317886>

NATURAL CANCER CURE – Report #8

NEW LINK TO BODY FAT AND CANCER

Scientist finds link between body fat and cancer risk

By John von Radowitz

Published: 01 November 2007

Body fat and obesity are far more closely linked to cancer than is generally realized, a landmark study has found.

Researchers say there is "convincing" evidence that excess body fat can cause six different types of common cancers, including those affecting the breast, bowel and pancreas.

The World Cancer Research Fund (WCRF) report is based on an in-depth analysis of 7,000 cancer studies from around the world dating back to the 1960s. The study also concluded that processed meat, including ham and bacon, was such a risk factor for bowel cancer that people should avoid it completely.

Simply adding fruit and vegetables to a diet, meanwhile, does not appear to offer the degree of protection from cancer as was previously thought, the study found. It includes recommendations from a panel of 21 world-renowned scientists.

The study is the second major investigation of the causes of cancer to be conducted by the WCRF.

Since the first report was published in 1997, the number of types of cancer for which there is "convincing" evidence of body fat being a causal factor has risen from one to six.

Previously, "high body mass" was found to be a likely cause of endometrial cancer - cancer of the womb lining. The new report says there is powerful evidence that excess body fat is also a trigger for oesophagus, pancreatic, bowel, post-menopausal breast, and kidney cancers.

A specific strong link is said to exist between fat around the abdomen and bowel cancer. There is also a probable connection between body fat and gall bladder cancer, and abdominal fat and pancreatic, post-menopausal breast, and endometrial cancer, the evidence suggests.

Professor Sir Michael Marmot, professor of Public Health at University College London, chaired the expert panel. He said: "We are recommending that people aim to be as lean as possible within the healthy range, and that they avoid weight gain throughout adulthood."

Professor Martin Wiseman, project director of the new report, said: "If people follow our recommendations, they can be confident they are following the best advice possible based on all the scientific research done up to this point."

The study found strong evidence that red meat and processed meats were a cause of bowel cancer. The panel recommended that people consume less than 500 grams, or 18 ounces, of cooked red meat per week, and avoid processed meat altogether if possible.

Processed meat was defined as meat preserved by smoking, curing, salting or the addition of preservatives. Examples included ham, bacon, pastrami, salami, and frankfurters.

Stay trim and stop eating bacon, cancer report declares

"Diet could prevent third of cases, says five-year study - Regular exercise urged, and not much alcohol."

. Sarah Boseley, health editor

. The Guardian Thursday November 1 2007

A third of cancers are caused by diet and lack of exercise and could be prevented, according to a report, which urges people to stay slim and abstain from too much fast food, red meat, and preserved meat such as ham and bacon, and alcohol.

The report from the World Cancer Research Fund, which had input from more than 200 scientists and took five years to produce, is the most authoritative overview of the role that food, drink, obesity and exercise play in causing cancer. It concludes that changes in our lifestyle could play almost as big a role as stopping smoking in preserving us from disease and that being fat is a big risk for cancer.

Top of the 10 recommendations for a healthier life in the report is that people should keep their weight down throughout their life.

"The most striking thing to emerge from the report is the importance of overweight and obesity," said Sir Michael Marmot, professor of epidemiology and public health at University College London and chair of the panel, which reviewed 7,000 studies on causes of cancer.

Obesity is normally measured by body mass index (BMI) - which is a person's weight in kilograms divided by height in meters squared. A BMI above 30 is considered obese, while 25-29 is overweight. The WCRF recommends a BMI at the lower end of the healthy range, which is 18.5 to 25.

Excess body fat is not only a trigger for endometrial cancer, but also oesophagus, pancreatic, bowel, post-menopausal breast, and kidney cancers, according to the report. And fat around the abdomen is also linked to bowel cancer. "What we're saying is that young adults should try not to put on weight throughout their adult life. They should stay as lean as possible," said Sir Michael, who said he had himself been "a bit shocked" by this conclusion.

The report has similarly robust recommendations on alcohol, exercise and meat consumption. Everyone should have at least half an hour of exercise a day - but the panel says it should be vigorous, not moderate exercise. If the exercise is moderate, it should last for an hour a day.

The third recommendation is to avoid energy-dense foods, in which, said Sir Michael, they included fast foods, which were high in fat and sugar. Sugary drinks were a particular problem, he said, and even fruit juices should not be drunk to excess because of their sugar content. Tea and coffee are also acid forming and pose a risk.

Eating mostly plant-based foods, such as fruit and vegetables, reduced cancer risk, but too much red meat raised it. The panel recommended no more than 500g a week. Processed meat - such as the ham and bacon with added preservatives sold in supermarkets - should be avoided altogether, it said, because they raised the cancer risk by around 100%.

Alcohol was a difficult area, Sir Michael said, because it was the only item they looked at which had a beneficial effect in other diseases - small amounts reduce the risk of heart disease. But it raises the risk of six - and possibly seven - different cancers, including mouth, throat and breast cancers. The panel recommends women should not have more than one drink a day and men not more than two, but none is better.

Sir Michael said the importance of the report was that it looked at the totality of the evidence. "We could be giving grandma's wisdom," he said. "This is a very positive message. What we're saying is that perhaps a third of cancers are diet-related. Cancer is largely preventable. It is a very positive message."

Cancer Research UK welcomed the report. "Small changes can have a big effect on our cancer risk and everyone needs to take action, individuals as well as government," said Lesley Walker, director of cancer information.

Ten tips

The report from the World Cancer Research Fund has recommended 10 ways to help avoid cancer:

Stay as slim as possible

Take half an hour's vigorous exercise a day

Avoid carbonated and sugary drinks and fast food

Eat at least five portions of fruit and vegetables every day and cereals/grains/pulses with every meal

Eat no processed meat and no more than 500g of red meat a week

No more than one drink a day for a woman and two for a man

No more than 6g a day of salt (don't use any table salt - instead use "Real Salt" from a health food store or from <http://realsalt.com>)

Dietary supplements (liquid vitamin and mineral) recommended

Breastfeed exclusively for six months

Cancer survivors also to follow these recommendations

Acid pH and body fat are related. When the body is dealing with more acid than it can handle, it creates fat as a storage site for the acid and toxins. It is nearly impossible to lose weight when the pH is below 7.5. Baking soda is the single best thing to bring body pH up to a normal range. Revisit report number 1 for more details.

Mind and body are connected. Mental stress is one of the greatest causes of acid, which leads to body fat and cancer. Stress is magnified when good nutrition is lacking. Ten-In-One liquid Vitamins and Minerals help to eliminate mental and emotional stress. The nutrients in Ten-In-One have a calming effect on the body and the mind. You cannot expect to be healthy without the help of good nutrition.

To purchase the Ten-In-One go to: <http://www.shopgbg.com/317886>

Organic fruits and vegetables are also very beneficial to anyone wanting to improve their health. A variety of organic foods that are juiced or dried in a way that preserves all of the nutritive value can be very beneficial to your well being. Also keep in mind to purchase safer household products that are free of cancer causing chemicals.

To Your Health,

John Austin

PS: Please pass this report along to your friends.

If you want to order Ten-In-One or MA Plus, please do so from my website: <http://www.shopgbg.com/317886>